

Vitamin D and Calcium: a new Controversy

Ashish Ranade

Fragile bones and osteoporosis is a problem which affects both the patient and the surgeon. For many years we have been using calcium supplements in various forms. Calcium was thought to be good for fracture healing and bone health in general. Over the years, our understanding of calcium and bone metabolism changed and vitamin D was the new addition to calcium. In recent years, various newer combinations have been made available including various forms of vitamin D.

An article published in the BMJ has looked at the role of vitamin D and Calcium in osteoporosis prevention.¹ This article questions safety and advantage of calcium use over long term. The supplementation seems to offer no benefit and on the contrary it may be harmful.

Over the years orthopaedic surgeons have realised that giving a particular medicine over longer time can cause problems. The well known example is of use of bisphosphonates leading to atypical proximal femoral fractures. It will prudent to question the indiscriminate use of Calcium and vitamin D. Considering lack of clear cut guidelines, one has to explain the pros and cons to patient and use it on individual case basis.

Dr Ashish Ranade

Editor: Journal of Trauma & Orthopaedics

References

1. Grey A, Bolland M. Web of industry, advocacy, and academia in the management of osteoporosis. BMJ 2015 July 21; 351:h3170.

¹Department of Orthopaedics, Deenanath Mangeshkar Hospital and Research Centre, Pune - 411004, India.

Address for correspondence:

Dr Ashish Ranade, MS, MRCS
Dept. of Orthopaedics, Deenanath Mangeshkar Hospital, Pune,
India.

Email: ashishranade@yahoo.com

How to cite the article:

Ranade A. Vitamin D and Calcium: a new Controversy.

Journal of Trauma & Orthopaedics. July-Sep 2015; 10(3):1